

Stay *well* during summer break

Make this a self-care summer, a time to recharge, a time to build resiliency and focus on your well-being. Use your free SEBB wellness benefits to support you.

SmartHealth is your voluntary wellness program that supports whole person well-being.

Participate in activities that support all of you, including managing stress, building resiliency, and adapting to change.

1. Get started or keep earning points at smarthealth.hca.wa.gov.
2. Complete the Well-being Assessment and earn 800 points. SmartHealth offers activities that align with your assessment outcomes.
3. Continue to earn points for each activity completed. Earn 2,000 points by November 30, 2021, to qualify for a **\$125 wellness incentive**.

SmartHealth activities you might enjoy this summer

Available through July 2

Getting more and better sleep

Consistently getting good sleep is critical to your health, productivity and relationships. Learn about lifestyle shifts you can make to get more and better sleep.

Cultivate your green thumb

Connecting with nature is a great way to reduce stress, and planting a garden is a great way to exercise your body, too.



Available starting July 6:

Compassion - little acts with big impact

Compassion has some very real benefits that can even improve your stress levels and relationships.

Cultivating joy in times of pain

We often focus on our negative feelings, but learning to cultivate joy can be just as important. Learn about a simple strategy for finding joy in even the most difficult of times.

Find your sweet spot of stress

There are two sides to every coin, including stress. Good stress keeps you on your toes. Bad stress, and our response, can lead to many health problems like overeating or headaches.

More free wellness benefits from your SEBB medical plan

Programs to reduce the risks of type 2 diabetes.

Learn more about your medical plan's resources on HCA's website at hca.wa.gov/sebb-dpp.

Programs to help you live tobacco free.

Learn more on HCA's website at hca.wa.gov/tobacco-free-sebb.

Prefer mobile? Download the Limeade mobile app and enter the code **SmartHealth**.



smarthealth.hca.wa.gov

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